

Campeonato Nacional Juvenis e Absolutos de Portugal-OPEN
Coimbra, 29.7. - 1.8.2010

Prova 26 Femin., 4 x 100m Livres Open
30-07-2010 - 18:35 Resultados

Rec Nac Open	3:52.66	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	10-04-2010
Rec Nac Inf B	4:23.37	tempo limite			
Rec Nac Inf A	4:17.71	Clube Nautico Academico de Coimbra	GNAC	Porto	25-07-2010
Rec Nac Juv	4:12.11	Futebol Clube do Porto	FCP	Coimbra	22-07-2005
Rec Nac Jun	4:02.54	Sporting Clube de Portugal	SCP	Coimbra	10-04-2010
Rec Nac Sen	3:52.66	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	10-04-2010

TAC SENJUN2 Fem 16 +: 4:14.00 / TAC JUV Fem Juv: 4:35.00

Pontos: FINA 2010

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	Porto/Dolce Vital-ABS-FEM <i>Rec Nacional</i>	Porto/Dolce Vita	3:52.07	+0.71	759	
	Sara Freitas Oliveira +0.71	27.42	57.03	Joana Aguiar Rodrigues +0.48	28.55	59.73
	Alexandra Paiva Oliveira +0.26	28.03	58.47	Marta Vieira Marinho +0.33	27.19	56.84
2.	Sporting-ABS-FEM <i>Rec Nacional</i>	Sporting	4:00.84	+0.80	679	
	Maria Carolina Rosa +0.80	28.38	59.58	Raquel Paulo Ranito +0.32	29.07	1:01.76
	Filipa Vilas Tiago +0.26	28.02	1:00.16	Mafalda Gomes Beleza +0.26	28.79	59.34
3.	Vilacondense-ABS-FEM	Vilacondense	4:00.89	+0.79	678	
	Diana Ramos Rocha +0.79	28.91	59.37	Claudia Sofia Monteiro +0.42	28.17	59.71
	Ana Catarina Monteiro +0.17	29.39	1:01.08	Ana Filipa Gomes +0.33	28.67	1:00.73
4.	Bairro dos Anjos-ABS-FEM	Bairro dos Anjos	4:02.14	+1.02	668	
	Mariana Mota Dias +1.02	29.26	1:01.48	Adriana Filipa Lisboa +0.44	29.01	1:00.87
	Andreia Filipa Anjos +0.39	28.94	1:01.02	Sara Francisco Cruz +0.46	28.46	58.77
5.	Vitoria de Guimaraes-ABS-FEM	Vitoria de Guimaraes	4:04.05	+0.83	652	
	Andreia Catarina Gomes +0.83	29.12	59.80	Ana Catarina Sousa +0.33	29.98	1:03.43
	Amelia Pereira Fernandes +0.37	28.97	1:00.53	Joana Filipa Santos +0.39	28.94	1:00.29
6.	Nautico/Matobra-ABS-FEM	Nautico/Matobra	4:04.69	+0.90	647	
	Gabriela Oliveira Andrade +0.90	29.72	1:01.99	Carolina Cunha Martins +0.49	29.36	1:01.09
	Maria Ines Ribeiro +0.37	29.06	1:00.32	Adriana Correia Lopes +0.43	29.27	1:01.29
7.	Amadora-ABS-FEM	Amadora	4:05.33	+0.78	642	
	Lisa Marisa Soares +0.78	29.08	1:00.87	Marta Filipa Conceicao +0.37	29.02	1:02.77
	Diana Duarte Gomes +0.36	28.74	1:01.25	Filipa Ferreira Silva +0.25	29.00	1:00.44
8.	Famalicao-ABS-FEM	Famalicao	4:08.27	+0.81	620	
	Ana Ribeiro Ferreira +0.81	29.17	1:00.05	Filipa Maria Rompante +0.62	31.69	1:05.10
	Mariana Dias Almeida +0.50	29.80	1:01.33	Catarina Isabel Marques +0.41	29.43	1:01.79
9.	Benfica-ABS-FEM	Benfica	4:09.23	+0.70	613	
	Sofia Oliveira Pinto +0.70	30.47	1:03.94	Vera Patricia Pinto +0.18	29.46	1:02.33
	Rita Fernandes Leitao 0.00	29.71	1:03.30	Joana Filipa Capela +0.12	28.77	59.66
10.	Uniao Piedense-ABS-FEM	Uniao Piedense	4:09.70	+0.82	609	
	Ana Marta Miranda +0.82	29.70	1:02.55	Catarina Tiago Nunes +0.29	29.11	1:01.72
	Ana Raquel Miranda +0.37	29.76	1:03.22	Marta Alexandra Saraiva +0.12	29.77	1:02.21
11.	Ginasio de Vila Real-ABS-FEM	Ginasio de Vila Real	4:09.77	+0.88	609	
	Joana Patricia Pinto +0.88	28.94	1:00.37	Ana Carolina Guedes +0.27	30.95	1:06.05
	Ana Sofia Nobrega +0.17	29.37	1:02.85	Ana Sofia Leite +0.43	28.39	1:00.50
12.	Naval do Funchal-ABS-FEM	Naval do Funchal	4:10.43	+0.77	604	
	Luisa Costa Henriques +0.77	30.45	1:02.07	Carlota Freitas Olim +0.41	30.42	1:02.93
	Susana Clara Gomes +0.40	28.79	1:01.33	Maria Joao Figueiredo +0.61	30.90	1:04.10

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13.	Alges-ABS-FEM	4:11.82	+0.84	594	
	Raquel Maurile Taveira +0.84 28.78 1:00.59	Beatriz Alexandra Sousa +0.08 31.26 1:06.45			
	Ines Alexandra Paiva +0.38 29.44 1:02.15	Mafalda Jotta Garcia +0.31 29.72 1:02.63			
14.	Colegio Vasco da Gama-ABS-FEM	4:16.13	+0.85	564	
	Ana Filipa Carmo +0.85 30.71 1:04.35	Maria Ines Pereira +0.29 30.28 1:04.62			
	Joana Fonseca Seabra +0.29 30.14 1:02.62	Rita Silva Fernandes +0.35 31.13 1:04.54			
15.	Gespacos-ABS-FEM	4:16.82	+0.78	560	
	Diana Patricia Ferreira +0.78 28.75 59.87	Claudia Susana Teixeira +0.31 31.69 1:06.89			
	Patricia Cristina Fernandes +0.28 31.75 1:07.03	Ana Rita Cunha +0.29 30.59 1:03.03			
16.	Gesloures-ABS-FEM	4:18.09	+0.85	552	
	Paula Cristina Yang +0.85 30.53 1:03.29	Jessica Goncalves Sequeira +0.54 31.48 1:06.74			
	Catarina Brito Luz +0.29 31.17 1:05.40	Tatiana Ladeiro Santos +0.14 29.52 1:02.66			